

**McLaren Print System Order**

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**Ship Location: McLaren Flint / Sue OBrien Nursing Office**  
**401 S. Ballenger Highway**  
**Flint, MI 48532**

**Brochures**  
**Quantity: 500**  
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**Item Number: M-3849**  
**Item Description: Lets Talk About Emotional Changes After Stroke**  
**Revision Date: 2012**  
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**Misc Info: Finish Size: 8.5 x 11 inches; 32 lb color copy; DS**

The brochure features the following content:

**Let's talk about**  
**Emotional Changes After Stroke**

Right after a stroke, a survivor may respond one way, yet weeks later respond differently. Some survivors may react with sadness; others may be cheerful. These emotional reactions may occur because of biological or psychological causes due to stroke. These changes may vary with time and can interfere with rehabilitation.

**How does stroke cause emotional changes?**  
 Emotions may be hard to control, especially right after a stroke. Some changes are a result of the actual injury and chemical changes to the brain caused by the stroke.

Often as a normal reaction to the challenges, fears and frustrations that one may feel trying to deal with the effects of the stroke. Often, talking about the effects of the stroke and acknowledging these feelings helps stroke survivors deal with these emotions.

**What are some common emotional changes after stroke?**  
 Pseudobulbar Affect, also called "emotional lability," "tears, crying" or "false mood," can cause:

- Rapid mood changes — a person may "spill over into tears" for no obvious reason and then quickly stop crying or start laughing.
- Crying or laughing that doesn't match a person's mood.

• Crying or laughing at several times in that has longer than seems appropriate.

Post-stroke depression is characterized by:

- Feelings of sadness
- Helplessness or helplessness
- Irritability
- Changes to eating, sleeping and thinking

Treatment for post-stroke depression may be needed. If not treated, depression can be an obstacle to a survivor's recovery. Don't hesitate to take antidepressant medications prescribed by your doctor.

Other common emotional reactions include:

- Frustration
- Anxiety
- Anger
- Apathy or not caring what happens

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